

# Winter 2018-19 Program Guide

# REC CONNECTION



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**Parks and Recreation website:**

[www.murfreesborotn.gov/parks](http://www.murfreesborotn.gov/parks)



### City of Murfreesboro Access Statement

The City of Murfreesboro does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, or disability. Any complaint alleging discrimination may be filed with the City Manager of the City of Murfreesboro.

It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of the Murfreesboro Parks and Recreation Department at 615-890-5333 or TDD 615-849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Veterans Parkway, to receive a copy of its financial assistance policy.



### Cable TV - Channel 3

Please watch the Parks and Recreation Commission meetings each month, usually the 1st Wednesday of every month, for the latest news and developments of Parks and Recreation. We are often featured on the MPRD Update, "In the City," as well as on the daily bulletin.

### Mistakes Happen...

Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. When such errors do occur, the staff will do everything possible to correct the situation promptly. Check our website, [www.murfreesborotn.gov/parks](http://www.murfreesborotn.gov/parks) for the latest updates and changes.

### Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events or on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.

### Murfreesboro Parks and Recreation Commission



The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro.

Commission Members: Mr. D. Edwin Jernigan, Chair; Mr. Eddie Smotherman, City Council; Mr. Tim Roediger; Mr. Ricky Turner; Mr. Rick LaLance, City Council; Mr. Eddie Miller, Vice Chair; Dr. Charlie Apigian; Dr. Linda Gilbert; Dr. Gloria Bonner; and Mr. Bill Allen (ex officio).

### Murfreesboro Parks and Recreation Department Mission Statement:

To plan, organize, implement and To provide vibrant public spaces and inclusive programs delivered with visionary leadership and caring staff that engage the individual and strengthen the quality of life of our community.



### Refund Policy\*

- Full refund when cancelling at least 2 weeks prior to the activity, event, facility rental, program, other rentals and/or services.
- 50% refund of total fee paid when cancelling or dropping out of the activity, event, facility rental, program, other rentals and/or services less than 2 weeks prior to the activity, event, etc.
- No refund day of or after start of activity, event, facility rental, or other rentals and/or services.
- Prorated fee only for passes to Sports\*Com and Patterson Community Center.

\*Refund policy does not apply to the Gateway Island Rentals or Cannonsburgh Village weddings.

**Parks and Recreation website:**  
**[www.murfreesborotn.gov/parks](http://www.murfreesborotn.gov/parks)**

## ALL AGES

African American Cultural Night, 13 & 27  
 A Night of Thanks, 10 & 26  
 Black History Past, Present, and Future, 13 & 27  
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 Perform Murfreesboro Production- Aladdin, Jr., 10 & 23  
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## Recreation Facilities



### Patterson Park Community Center

**Reservations & Information: 615-893-7439**

521 Mercury Blvd.



Located at Patterson Park in the central area of Murfreesboro. Some of the amenities are: two gymnasiums, theatre, indoor water park, game room, conference center, 1/8 mile track, wellness center, aerobics studio, dining room and library. Meeting rooms are available seven days a week, and the pool on weekends for rentals only.

Hours: M-F 6 a.m.-9 p.m. / Sat. 8 a.m. - 5 p.m. / Sun. 1-5 p.m.



### Sports\*Com

**Reservations & Information: 615-895-5040**

2310 Memorial Blvd.



Sports\*Com is located at McKnight Park in the northern area of Murfreesboro. Amenities include a gymnasium, 1/16 mile track, aerobics area, fitness equipment, meeting room, 25-yard indoor pool, outdoor pool with 50-meter lap lanes, slides, play feature, rock wall, diving board, and 4 sand volleyball courts. The pools are available for rental on weekends, and the meeting rooms are available seven days a week.

Hours: M-F 6 a.m.-9 p.m. / Sat. 8 a.m. - 5 p.m. / Sun. 1-5 p.m.

### Recreation Centers: Holiday Hours

Monday, December 24, 2018- Main Office, Cannonsburgh Village, Wilderness Station, and Bradley Academy and Museum will be closed.  
All other facilities close at 5 p.m.


Tuesday, December 25, 2018- All facilities closed.

Monday, December 31, 2018- Main Office, Cannonsburgh Village, Wilderness Station, and Bradley Academy and Museum will be closed.  
Adams Tennis Complex will close at 2 p.m. and all other facilities close at 5 p.m.

Tuesday, January 1, 2019- All facilities closed.

Monday, January 21, 2019- Adams Tennis Complex will have regular hours. All other facilities will be closed.

Monday, February 18, 2019- Adams Tennis Complex will have regular hours. All other facilities will be closed.

Adults	Daily	30 Visits	Monthly	Yearly	Family*
Facility Pass	\$4.00	\$65.00	\$35.00	\$300.00	Yearly \$500.00
City Resident Discount	-----	\$60.00	\$30.00	\$270.00	Yearly \$450.00
Youth & Seniors (5-17) (60 & older)	Daily	30 Visits	Monthly	Yearly	
Facility Pass	\$3.00	\$50.00	\$25.00	\$200.00	
City Resident Discount	-----	\$45.00	\$20.00	\$180.00	

#### Facility Pass:

Includes aerobic classes, water exercise classes, indoor pool, gym, track and weight room. It also includes admission to both Sports Com & Patterson Park Community Center. It does not include fee-based classes.

**\* Sports Com Outdoor Pool requires a Boro Beach Pass for admission.**

\*\* 30 Visits = 30 daily visits over a one-year period from date of issue

\*\*\* Monthly = Unlimited daily visits for 30 days from date of issue

\*\*\*\* Yearly = Twelve months from date of issue

\*\*\*\*\* Family Pass = The household year pass includes admission to Sports Com & Patterson Park. Household passes are designed for parents, or parent with dependent children 17 years or younger, 22 years or younger if full-time student.

For information on our new financial assistance policy and facility rental fees, please call the Murfreesboro Parks & Recreation office at 890-5333.

## Wilderness Station

**Reservations: 615-217-3017**

697 Veterans Pkwy.



Located in Barfield Crescent Park, the Wilderness Station is the city's unique outdoor awareness and adventure facility. It is nestled along the edge of the woods, just a short drive past the disc golf area. Adventurous families, scouts and youth groups can camp in the primitive Backcountry Campground. Some of the amenities are: two educational classrooms, outdoor camping supplies and campsites. The retreat room is available for rental. Evening rentals and programs are based on staff availability.



Hours: Sunday: 12 p.m. - 5 p.m./Mon: 9 a.m. - 12 p.m.  
Tues - Sat: 9 a.m. - 5 p.m.

## McFadden Community Center

**Reservations: 615-893-1802**



211 Bridge Avenue

The McFadden Community Center is on 3 acres. The McFadden Community Center includes a gymnasium, outdoor playground, two meeting rooms, game room, and Rutherford County Food Bank. The gymnasium and game room are available for rental only on Saturdays and Sundays. The pavilion is first-come/first-served.

Hours: Monday - Friday 3-8 p.m.

## Bradley Academy Museum and Cultural Center

**Reservations: 615-962-8773**

415 S. Academy Street

Bradley Academy was built in 1806 as the first school for education of white males only. In 1884, African American students, males and females, were allowed to attend school. The current structure was built in 1917 and opened as the new school for African American students in 1918. Today, Bradley Academy Museum and Cultural Center houses an original classroom, Civil War and early settlers' exhibits for the City of Murfreesboro and the County of Rutherford exhibit.



Bradley Academy Museum and Cultural Center has an auditorium, which serves as a dining area, theatre section for musical programs and plays (that seats 125-150 people), along with a boardroom for meetings (which seats at least 40-50 people). These rooms are available for rental 7 days a week. For more information, please call 615-962-8773. Tours are available Tuesday - Saturday, 10am - 4pm.

## Barfield Crescent Park

**Reservations: 615-890-5333**

697 Veterans Pkwy.

Barfield Crescent Park is a 430-acre community park located



in the southern area of Murfreesboro. Some of the amenities are: 2 playgrounds, walking/jogging trails, disc golf course, volleyball net, horseshoes, and tetherball. Restrooms are located between shelters 5 and 7. Pavilions 1,2,5,6,7 and 8 are available for rental seven days a week, April-October. Pavilions 3, 4, 9 and 10 are available first-come, first-serve.

Shelters No. 1,5,6,8	Seat Approx. 100 each
Shelter No. 2	Seats Approx. 75
Shelter No. 7	Seats Approx. 312
Shelters No. 3, 4, 9,10	Seat Approx. 24 each

## Cannonsburgh Village

**Reservations & Information:**

**615-890-0355**

312 S. Front Street



The original name of Murfreesboro, Cannonsburgh welcomes visitors to a southern-style village, circa 1800-1925. Located at 312 S. Front Street in Murfreesboro, TN, Cannonsburgh is ADA accessible. Displays include early American trades, museums, period homes, a large collection of tractors and farm implements, visitor center and time-period gifts.

The Williamson Chapel, Leeman House, Pavilion and Gazebo are available for weddings and receptions on weekdays and weekends. Cannonsburgh is also available for outdoor company picnics, social gatherings or themed events.

**Area Teachers:** plan a school field trip to Cannonsburgh Village. Experience what a frontier settlement was really like. Reminiscent of the early 1811 community of Murfreesboro, Cannonsburgh opens young minds to the early beginnings of the modern towns we now live in.

**Photographers:** Taking photographs at Cannonsburgh is free, yet we do ask that you call the office and schedule an appointment as we have wedding rentals taking place year-round on our grounds. You can obtain your free Photography Permit in the Gift Shop. To schedule a photography time please call 615-890-0355.

For reservations or information, call 615-890-0355.

**Winter Hours:** Visitor Center, Gift Shop and Village Tuesday - Friday 9:00 a.m.-3:00 p.m. or by appointment. The historic buildings are closed through the winter. The farm implements/tractors and grounds may be viewed year-round.



### Adams Tennis Complex

**Information: 615-546-4000**

925 Golf Lane

The facility hosts 8-indoor courts in addition to the existing 24-outdoor courts located in Old Fort Park.

Open: Monday - Thursday 8 a.m. - 10 p.m., Friday 8 a.m. - 9 p.m., Saturday 8 a.m. - 5 p.m., and Sunday 11 a.m. - 7 p.m.



### Richard Siegel Park

**Reservations: 615-890-5333**



515 Cherry Lane

This community park has 3 picnic shelters. The 2 small shelters are first-come, first-serve. The large shelter is available for rental seven days a week, April - October. Restrooms are open year-round.

Shelter No. B  
Shelter No. C  
Shelter No. A

Seats Approx. 30  
Seats Approx. 30  
Seats Approx. 75



### Gateway Island and Trail

**Reservations: 615-890-5333**

1875 West College Street

Gateway Island and Trail showcase a state-of-the-art reception center, gazebo, cascading waterfalls, fountains and lake overlook. Adjacent to a lighted greenway section, the Island is located conveniently to the Gateway local businesses. The reception center includes a catering kitchen, multipurpose room (15-20 capacity) and restrooms that are accessible to the public during park hours. Half Day & Full Day rentals are available.



### McKnight Park

**Reservations: 615-890-5333**

120 DeJarnette Lane



McKnight Park is an 81-acre community park located in the northern area of Murfreesboro. Shelter rentals April - October.

1 Picnic Shelter

Seats Approx. 80

### Patterson Park

**Reservations: 615-893-7439**

521 Mercury Blvd.



Patterson Park consists of 10 acres and has a 110,000 square foot facility. The large and small shelters are available to rent; please call 615-893-7439.

Large Shelter  
Small Shelter

Seats Approx. 100  
Seats Approx. 50

### Rogers Park

**Reservations: 615-890-5333**

1115 Hunt Street



Rogers Park is a 7.5-acre park. Shelters are available daily for rentals, April-October. Restrooms closed November - March.

Shelter No. 1  
Shelter No. 2

Seats Approx. 80  
Seats Approx. 75

### Old Fort Park

**Reservations: 615-890-5333**

1024 Golf Lane



Old Fort Park is a 50-acre community park. Facilities are a picnic shelter (with restrooms), Kids' Castle

Playground, 24 tennis courts, tennis court rentals, greenway access and open play space. Restrooms are located at the Shelter. Shelter available daily for rental, April -

October.

Shelter

Seats Approx. 120





## Murfreesboro Greenway System

The Murfreesboro Greenway System consists of the Stones River, Lytle Creek and Gateway trails. The greenways are available for you to enjoy nature hikes, walking, running, bicycling, or in-line skating along the 13 miles of riverside trails. Small watercraft access points are also available for paddlers to enjoy the Stones River. The Murfreesboro Greenway System connects historical sites, parks, neighborhoods and businesses; it also serves as a conservation corridor to preserve precious natural and cultural resources. Thirteen trailheads provide access to the Murfreesboro Greenway System.



## Thompson Lane Trailhead

2240 N. Thompson Lane



This trailhead provides access to the historic McFadden Farm property. This was the site of one of the bloodiest engagements in the Battle of Stones River. A 60-car parking area at this northern terminus of the Murfreesboro Greenway System allows users to enter the 12-foot wide asphalt trail for walking, jogging, in-line skating, and bicycling. Access for small watercraft is available at this location.

## Broad Street Trailhead

1921 N.W. Broad St.

This trailhead, located at the 84 Lumber Company, is an eight-car parking lot providing entry to the greenway. This trailhead provides a water fountain and wayside exhibit. As you travel to the west, there is a wooden overlook that provides a good view of the river.

## West College Street Trailhead

1902 W. College St.

Island Reservations: 615-890-5333

Adjacent to the General Bragg Trailhead, the College Street Trailhead provides connection and access to the two-mile Gateway Trail and Island. The Island is home to a reception center and gazebo, perfect for weddings and other special events.

## General Bragg Trailhead

1450 W. College Street



Some of the amenities are: a trailhead for the Stones River Greenway, picnic shelter, playground and a dog park. Restrooms are available at the shelter.

1 Picnic Shelter

Seats Approx. 45

## Redoubt Brannan Trailhead

1300 W. College St.

This trailhead contains 19 parking spaces. Across the street are the remains of an earthen Civil War fortification (Redoubt Brannan) that was part of the larger Fortress Rosecrans. Redoubt Brannan was used by Union troops to guard the Old Nashville Pike and L&N Railroad.



## Fortress Rosecrans Trailhead

1916 Golf Lane

This historic trailhead is located just off Golf Lane inside Old Fort Park. As a supply depot, it played an important role in the Union army's advance to Chattanooga. Fortress Rosecrans was abandoned in April 1866.

## Manson Pike Trailhead

1208 Searcy St.



This trailhead offers parking for 15 cars. Also, a boat ramp for small craft and a water fountain are available at this site. A short walk gives the visitor a view of the dam at Ransom's Mill.

## Overall Street Trailhead

410 Overall St.



This small trailhead has parking for 11 cars. This places you on the Lytle Creek portion of the Murfreesboro Greenway System.

## Old Fort Park Trailhead

916 Golf Lane

Shelter Reservations: 615-890-5333



Located in Old Fort Park, this trailhead is between Kids' Castle playground and the tennis courts. The shelter provides picnic tables and restrooms.

## Cason Trailhead

1100 Cason Trail

Shelter Reservations: 615-890-5333



This addition to the Murfreesboro Greenway System follows the West Fork of the Stones River with scenic overlooks, an impressive bridge crossing, and more access to the beautiful natural settings within Murfreesboro. The trailhead is also home to the Cason Bark Park.

## Cannonsburgh Village Trailhead

312 S. Front St.



This southernmost trailhead is adjacent to the restored village of Cannonsburgh and is the beginning of the Lytle Creek Trail, which passes through the most urban portion of the greenway.

## North Murfreesboro Greenway

The Central Valley Trailhead

located approximately one-mile from Hwy 231 boasts extended parking spaces suitable for equestrian trailers. The 1.34 mile trail features two overlooks, a switchback ("s" curve) hill and a tree-top canopy offering shade.

The Walter Hill Trailhead is located a 1/2 mile south of Jefferson Pike on Hwy 231. This trailhead offers parking, picnic tables, and a scenic view of the Walter Hill Dam.





### Christmas at Cannonsburgh Village

Christmas at Cannonsburgh is an event intended to celebrate an Old-fashioned Christmas. Pictures with Santa, hot apple cider, cookies, and a hayride will be featured during this event. Weather permitting, local crafters will be selling their handmade goods. This is an outdoor event, so bundle up and come enjoy the day.

Age: All ages  
 Dates: Saturday, December 1  
 Time: 10:00 a.m. - 3:00 p.m.  
 Location: Cannonsburgh Village  
 Fee: Free Admission. Fee for pictures with Santa.  
 Contact: Cannonsburgh Village, 615-890-0355, shodges@murfreesborotn.gov



### Sports\*Com Customer Appreciation Day

Come join us at Sports\*Com as we show our appreciation to all our customers from throughout the year. We'll have music, friends and refreshments as we celebrate our customers and the holiday season.

Age: All Ages  
 Date: Friday, December 7  
 Time: 10:00 a.m. - 1:00 p.m.  
 Fee: Free  
 Location: Sports\*Com Lobby  
 Contact: Bart Fite, 615-895-5040, bfite@murfreesborotn.gov



### Santa Splash and Dash

Just because it's cold doesn't mean you can't join us for a holiday pool party! Come celebrate the holiday season on Friday, December 14th, from 6-9 PM. We will have an ornament craft, a meal, and lots of swimming! It will be a holly jolly good time for all!

Date: Friday, December 14  
 Time: 6:00 - 9:00 p.m.  
 Ages: 7-13  
 Price: \$5 preregister, \$7 day of  
 Location: Patterson Park Pool  
 Contact: Carrie Stafford, cstafford@murfreesborotn.gov, 615-893-7439



### Holiday Lock-in

Come spend the night at Sports\*Com, and enjoy a night of fun and games, as we will swim, play all kinds of sports, and give the parents a night to shop as we kick off the holiday season.

Ages: 8 - 15  
 Date: Friday, December 14 - Saturday, December 15  
 Time: 7:00 p.m. - 7:00 a.m.  
 Fee: \$20.00- Registration begins December 1.

Location: Sports\*Com  
 Contact: Bart Fite, 615-895-5040, bfite@murfreesborotn.gov



### Night of Thanks

Harvey MacKay states: "None of us got to where we are alone. Whether the assistance we received was obvious or subtle, acknowledging someone's help is a big part of understanding the importance of saying thank you!" At Patterson Park, our youth development program would not be successful without the support of our many community partners. This is a time we say thanks for their sacrifice and services they render on a continuous basis. This will be a banquet format. We will also have the Third Annual Presentation of the Dexter Hurd Impact Award.

Age: All Ages  
 Date: Monday, December 17  
 Time: 5:00 - 7:00 p.m.  
 Fee: Free  
 Location: Patterson Park Community Center  
 Contact: Crystal Ellis-McFerrin, 615-893-7439 cellis@murfreesborotn.gov



## PERFORM MURFREESBORO

### Performance: Beauty and the Beast Jr

The Award-winning animated film and stage play comes to life in this romantic and beloved take on the classic fairytale. Based on the original Broadway production that ran for over thirteen years and was nominated for nine Tony Awards, and the Academy Award-winning motion picture, Disney's Beauty and the Beast JR. is a fantastic adaptation of the story of transformation and tolerance. Disney's Beauty and the Beast JR. features some of the most popular songs ever written by Alan Menken and the late Howard Ashman, along with new songs by Mr. Menken and Tim Rice.

The classic story tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end, and he will be transformed to his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

Production: November 29, 30, December 1, and 2

Day: Thursday, Friday, Saturday, Sunday

Time: Thursday, Friday, Saturday at 7pm and Sunday at 2pm

(Doors open 30 minutes prior to show times listed)

Tickets: Adults \$7.50/Youth (ages 4-17) \$6.00/Seniors (ages 60+) \$6.00

Location: The Washington Theatre at Patterson Park Community Center

Contact: Susan M. Hicks, 615-893-7439, ext. 6104, shicks@murfreesbortn.gov  
Pam Taylor, 615-867-7244, ptaylor@murfreesborotn.gov



### Performance: Aladdin Jr.

Discover "A Whole New World" with this magically updated version of the Academy Award-winning Disney classic! Disney's Aladdin JR. is based on the 1992 Academy-Award®-winning film and the 2014 hit Broadway show about the "diamond in the rough" street rat who learns that his true worth lies deep within.

The story you know and love has been given the royal treatment! Aladdin and his three friends, Babkak, Omar, and Kassim, are down on their luck until Aladdin discovers a magic lamp and the Genie who has the power to grant three wishes. Wanting to earn the respect of the princess, Jasmine, Aladdin embarks on an adventure that will test his will and his moral character. With expanded characters, new songs, and more thrills, this new adaptation of the beloved story will open up "a whole new world" for your young performers!

Production: February 22, 23, and 24

Day: Friday, Saturday, Sunday

Time: Friday, Saturday at 7pm and Sunday at 2pm

(Doors open 30 minutes prior to show times listed)

Tickets: Adults \$7.50/Youth (ages 4-17) \$6.00/Seniors (ages 60+) \$6.00

Location: The Washington Theatre at Patterson Park Community Center

Contact: Susan M. Hicks, 615-893-7439, ext. 6104, shicks@murfreesbortn.gov  
Pam Taylor, 615-867-7244, ptaylor@murfreesborotn.gov



### Performance: Winnie the Pooh Kids

Pooh Bear and all of his friends from the classic children's books and animated film band together to rescue their friend, Christopher Robin.

Disney's Winnie the Pooh KIDS is a delightful show based on the beloved characters of A.A. Milne and the 2011 Disney animated feature film. Featuring favorite songs from the film, as well as new hits by the Academy Award-winning Robert and Kristen Lopez (Frozen), this honey-filled delight is as sweet as it is fun.

Welcome to the Hundred Acre Wood, where Winnie the Pooh is once again in search of honey. Along the way, he meets his pals, Tigger, Piglet, Rabbit and Owl, but soon discovers that Christopher Robin has been captured by the mysterious Backson! As they prepare for a rescue operation, the animals learn about teamwork, friendship and, of course... sharing snacks.

Filled with all of their favorite characters, Disney's Winnie the Pooh KIDS is a favorite for children to perform. There is ample opportunity for adding a large ensemble and filling your stage with as many creatures of the Hundred Acre Wood as possible

Production: March 6, 7, 8, & 9

Day: Thursday, Friday, Saturday, Sunday

Time: Thursday, Friday, Saturday at 7pm and Sunday at 2pm

(Doors open 30 minutes prior to show times listed)

Tickets: Adults \$7.50/Youth (ages 4-17) \$6.00/Seniors (ages 60+) \$6.00

Location: The Washington Theatre at Patterson Park Community Center

Contact: Susan M. Hicks, 615-893-7439, ext. 6104, shicks@murfreesbortn.gov  
Pam Taylor, 615-867-7244, ptaylor@murfreesborotn.gov



### Ticket Reservation

Tickets may now be purchased on-line. Purchase tickets at [www.ticketpeak.com/performmurfreesboro](http://www.ticketpeak.com/performmurfreesboro).



### Tenth - Annual Breakfast with Bob

At Sports\*Com, we know it's difficult staying motivated to exercise during the holidays so ...we want to reward everyone for their exercise commitment during this busy time with the opportunity to have Breakfast with Bob!

Age: Adult (age 16 +)

Dates: Registration begins Monday, December 17 (Please register at the Sports\*Com weight room sign-in desk)  
2-week Holiday workout period begins: Monday, December 17 and ends Monday, December 31st.  
Excluding Christmas- Sports\*Com is closed.  
Friday, January 18- Breakfast with Bob  
- \*\*invitation only\*\*



Instructions: Chart your visits to the Sports\*Com weight room or track starting: Mon, Dec 17, through Mon, Dec 31. (2-week holiday workout period)

\*If you exercise 2 times during the 2-week holiday period, Bob will shake your hand.

\*If you exercise 5 times during the 2-week holiday period, Bob will shake your hand, pat your back and say, "Good effort" with minimal feeling.

\*If you exercise 8 times during the 2-week holiday period, Bob will shake your hand, pat your back and say, "Good job" adding emotion to his voice. He will also give you a breakfast bar, but he can't stick around to eat it with you.

\*If you exercise 11 times during the 2-week holiday period you will receive a special invitation to attend Breakfast with Bob! During this special event Bob will personally tell everyone, "Great Job" with genuine excitement!

Location: Sports\*Com weight room and track

Fee: Facility Pass

Contact: Jennifer Joines, [jjoines@murfreesborotn.gov](mailto:jjoines@murfreesborotn.gov)



### THE BETTER BORO PROJECT



### New Year's Day 5k

Start the New Year off on the right foot with the 4th annual New Year's Day 5k! All fitness levels welcome. Register early to be guaranteed a souvenir shirt (by Dec. 9). Every finisher will receive a medal, and awards will be given to overall finishers and age group winners.

Ages: All

Date: January 1, 2019

Time: 11:00 a.m.

Fee: \$25 preregistration through December 28, 2018  
\$15 No t-shirt registration

Register: [www.runsignup.com/](http://www.runsignup.com/) Maximum 400 participants.

Location: New course- check runsignup for details.

Contact: Jennifer Joines, 615-893-2141, [jjoines@murfreesborotn.gov](mailto:jjoines@murfreesborotn.gov)

For more information and to register: [www.murfreesborotn.gov/parks](http://www.murfreesborotn.gov/parks)



### The Ultra Coffee Marathon- 50 miles

Here's how it works: Buzz by each of the 12 participating coffee shops and walk or run all 12 routes. (You choose one per week; one per day; or all in one day). Each time you walk or run a route, ask the participating coffee shop to sign your passport. After completing all 12 routes, bring your signed passport to Sports\*Com for your commemorative coffee mug and car decal. Maps will be available along with further instructions after registration. You earned it!

Participating locations:

Cannonsburgh Village - 312 S. Front Street

City Cafe - 113 E. Main Street

Former JoZora's - 536 N Thompson Lane

Just Love Coffee Roasters - 129 MTCS Drive

The Wilderness Station at Barfield Crescent Park - 301 Volunteer Road

Former Pa Bunks - 107 S Church Street

Former Perk'd Coffeehouse - 225 N Rutherford Blvd.

Former Positiffitea - 121 S Church Street

Former Reveille Joe - 113 Maple Street

Simply Pure Sweets - 118 N Walnut Street

SportsCom - 2310 Memorial Blvd.

Sylvan Park - 1443 Broad Street

Age: All ages

Date: January - April

Fee: \$25.00, [runsignup.com](http://runsignup.com)

Register: online only- Registration begins December 30. If a coffee shop has closed for business, a friend or Sports\*Com employee may sign your passport.

Contact: Jennifer Joines, [jjoines@murfreesborotn.gov](mailto:jjoines@murfreesborotn.gov)



## Polar Bear Plunge

Want some frigid water? We've got your frigid water. Kick start your New Year's resolutions with us by plunging into Sports\*Com's outdoor pool on the first Saturday in January. Participants of the Polar Bear Plunge are encouraged to bring non-perishable foods to benefit the Green House Ministries. At 8:30am the Sports\*Com gym will once again be transformed into an Arctic Adventure with games, inflatables, and hot chocolate for the whole family to enjoy as they register for the plunge. At 10am, plungers and spectators alike will make the cold trek outdoors and line up to enjoy either refreshing cold water – or their friends' poor choices. T-shirts to commemorate the Polar Bear Plunge will be available for purchase on the day of the event.

Ages: All Ages  
 Date: Saturday, January 5  
 Time: 8:30 - 10:00 a.m.  
 Location: Sports\*Com Outdoor Pool (Arctic Adventure in Gym)  
 Fee: Free with the donation of non-perishable food.  
 Contact: Cody Saffel, 615-895-5040, csaffel@murfreesborotn.gov



## Murfreesboro City Schools African American Cultural Night

Patterson Park Community Center partners with the Murfreesboro City Schools to celebrate African American culture. Every year we involve city school students, art, authentic food, music, and an educational interactive performance about local history of African American culture. Come celebrate culture and history with the community's youth. Culture is for everybody!

Ages: All Ages  
 Date: Thursday, January 31  
 Time: 4:00 pm – 7:00 pm  
 Fee: Free  
 Location: Patterson Park Community Center  
 Contact: Crystal Ellis-McFerrin, 615-893-7439, cellis@murfreesborotn.gov

## Black History Past, Present, and Future

Please join us as we celebrate Black History Past, Present, and Future. We will be celebrating all month the culture and history of African Americans. During this event we will have several displays of inventions created by African Americans. Come to embrace the entire culture with music, authentic dishes, and history.

Ages: All  
 Date: Saturday, February 2  
 Fee: Free  
 Time: 11:00am -2:00pm- Bradley Academy Museum & Cultural Center  
 3:00pm-5:00pm- Patterson Park Community Center  
 Location: Bradley Academy Museum & Cultural Center  
 Patterson Park Community Center  
 Contact: Vonchelle Stemberge, 615-962-8773, vstemberge@murfreesborotn.gov

## Black History Program

In the United States, the month of February is observed as Black History Month or National African American History Month. We use this month to remember the important contributions and achievements of African Americans throughout our nation's history. The celebration can be felt locally, nationally and worldwide as many organizations, cities, states and countries host events that educate about the rich culture and memorable figures of African American history. We will also acknowledge some of our local African American heroes and their contributions.

Date: Saturday, February 2  
 Time: 3:00p.m.- 5:00p.m.  
 Fee: Free  
 Location: Patterson Park Community Center  
 Contact: Crystal Ellis-McFerrin, 615-893-7439, cellis@murfreesborotn.gov





# PATTERSON PARK POOL SCHEDULE

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6a.m.-12:45p.m. / 2-4:30p.m./7-8:45p.m.	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-6:30p.m.	8-11a.m.	N/A
Anchor Down Aqua	8-9a.m.	8-9a.m.	8-9a.m.	N/A	N/A
Squeaks & Creaks	9-10a.m.	9-10a.m.	9-10a.m.	N/A	N/A
Rec Pool Play & Open Swim	10a.m.-12:45p.m./ 2-4:30p.m./7-8:45p.m.	10a.m.-12:45p.m. / 2-8:45p.m.	10a.m.-12:45p.m./ 2-6:30p.m.	1-4:30p.m.	1-4:30p.m.
Water Aerobics	5:30-6:30p.m.	N/A	N/A	N/A	N/A
Pool Rentals	N/A	N/A	7-9p.m. Pool closes @ 6:30p.m.	11a.m.-1p.m. / 5-7p.m. Private Rental	5-7p.m. Private Rental

\*Lap lane availability will vary by time of day. Two lap lanes will be available during open swim hours.

\*\*During the aerobics time there will be one lap lane.

\*\*\*The pool will be cleared for cleanup 15 minutes prior to the rental end time.

## Anchored Down Aqua

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!

## Squeaks n' Creaks

This is an arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class, making it perfect for the beginner or a back-to-fitness exerciser.

## Water Aerobics

A moderate-to-high cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool.





## SPORTS\*COM INDOOR POOL SCHEDULE

Activity	Monday, Wednesday, & Friday	Tuesday & Thursday	Saturday	Sunday
Lap Swim	6-8a.m./11a.m.-1p.m./ 3-6p.m. ***7-8:45p.m. (1-lane)	6-8a.m./11a.m.-1p.m./ *3-6p.m. (1-lane)	9:15a.m. – 11:45a.m.	N/A
*Shallow H2O	8-9a.m./6-7p.m.	8-9a.m.	N/A	N/A
*Gentle Joints	9-10a.m.	N/A	N/A	N/A
*Deep H2O	10-11a.m.	9-10a.m./4:30-5:30p.m./6-7p.m.	8:15 – 9:15a.m.	N/A
Rehab	10-11a.m.	9-11a.m.	8-9a.m.	N/A
Toning	N/A	5:30-6p.m.	N/A	N/A
Open Swim	7 – 8:45p.m.	**7-8:45p.m.	1-4:30p.m.	1-4:30p.m.
Water Polo	N/A	7 – 8:45p.m.	N/A	N/A
Pool Rentals	N/A	N/A	12-1p.m. 5-7p.m. Private Rental	5-7p.m. Private Rental

During pool-set up transitions, lap lanes may be removed 5 minutes early.

\*Tuesday/Thursday from 3pm - 6pm, lap lane availability will be limited due to swim lessons.

\*\*Open swim on Tuesday/Thursday is limited to shallow end only during the water polo program running from 7pm – 8:45pm.

\*\*\*Monday/Wednesday/Friday lap swim will have one lane available from 7pm – 8:45pm.

### Shallow H2O Exercise

A moderate-to-high cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool.

### Gentle Joints

A perfect class for those who require impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, Fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

### Deep H2O Exercise

Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!

### Toning

This class is for participants who are seeking more strength and toning than offered in our other classes, focusing on a total-body strength workout on abs, upper and lower body! Stay after the 4:30-5:30p.m. class, or come early for the 6:00-7:00p.m. class.



# 16 Aquatics

## Santa Splash and Dash

Just because it's cold doesn't mean you can't join us for a holiday pool party! Come celebrate the holiday season on Friday, December 14th, from 6-9 PM. We will have an ornament craft, a meal, and lots of swimming! It will be a holly jolly good time for all!

Date: Friday, December 14

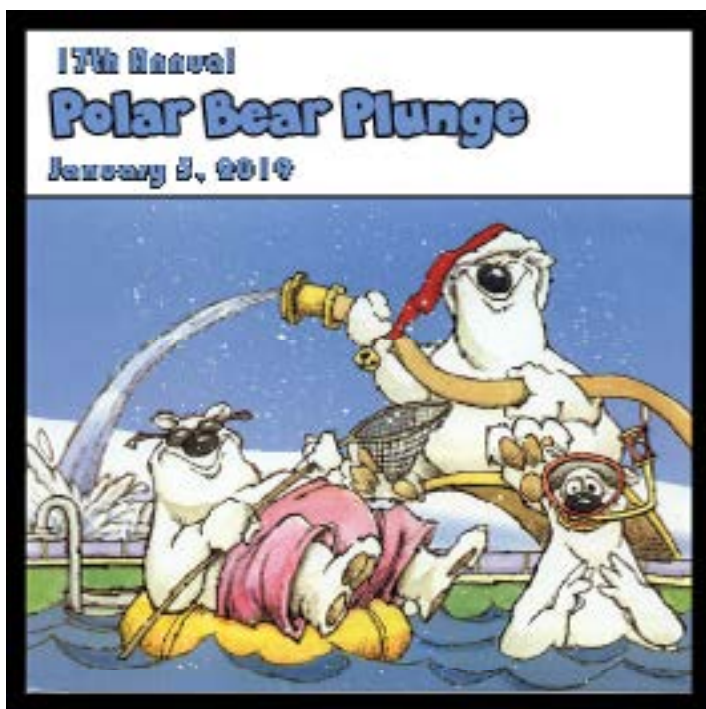
Time: 6:00 - 9:00 p.m.

Ages: 7-13

Price: \$5 preregister, \$7 day of

Location: Patterson Park Pool

Contact: Carrie Stafford, cstafford@murfreesborotn.gov, 615-893-7439



## Polar Bear Plunge

Want some frigid water? We got your frigid water. Kick start your New Year's resolutions with us by plunging into Sports\*Com's outdoor pool on the first Saturday in January. Participants of the Polar Bear Plunge are encouraged to bring nonperishable foods to benefit the Green House Ministries. At 8:30am the Sports\*Com gym will once again be transformed into an Arctic Adventure with games, inflatables, and hot chocolate for the whole family to enjoy as they register for the plunge. At 10am, plungers and spectators alike will make the cold trek outdoors and line up to enjoy either refreshing cold water – or their friends' poor choices. T-shirts to commemorate the Polar Bear Plunge will be available for purchase on the day of the event.

Ages: All Ages

Date: Saturday, January 5

Time: 8:30 - 10:00 a.m.

Location: Sports\*Com Outdoor Pool (Arctic Adventure in Gym)

Fee: Free with the donation on nonperishable food.

Contact: Cody Saffel, 615-895-5040, csaffel@murfreesborotn.gov



## Early Bird Swim –

### Sports\*Com & Patterson Park Indoor Pools

There is nothing like a refreshing swim to get your day started! Take advantage of the opportunity to do just that at the Sports\*Com and Patterson indoor pools this spring. The pools will be open Monday through Friday, 6-8am, for those who want a great and invigorating morning working. All lap lanes will be in at both facilities so you may swim as many laps as you can!

Ages: All ages

Date: Ongoing

Days: Monday - Friday

Time: 6:00 - 8:00 a.m.

Location: Sports\*Com & Patterson Park

Fee: Facility Admission

Contact: Cody Saffel, 615-895-5040, csaffel@murfreesborotn.gov



## Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday nights! For those unfamiliar with the sport, this is an aquatic sport taking place in the deep end of the pool. If you have never played before, we will gladly go over it all with you to let you learn at your own pace.

Ages: 13+

Date: Ongoing

Time: 7:00 - 8:45 p.m.

Location: Sports\*Com

Fee: Facility Admission

Contact: Cody Saffel, 615-895-5040, csaffel@murfreesborotn.gov







## American Red Cross Lifeguard (LG) Class

Learn the knowledge and skills necessary to both prevent and respond to aquatic emergencies. Prerequisites include a 300-yard swim & 20-yard brick retrieval. Upon course completion candidates will be certified in Lifeguarding, CPR/First Aid/AED for the Professional Rescuer as well as Oxygen Administration.

Ages: 15+  
 Date: January 10-13 (Thursday – Sunday)  
 or February 5 – March 5 (Tuesdays & Thursdays only)  
 Location: Sports\*Com  
 Fee: \$175  
 Contact: Cody Saffel, 615-895-5040, csaffel@murfreesborotn.gov  
 \*\*Registration is Required\*\*



## American Red Cross Water Safety Instructor (WSI) Class

Become certified by the American Red Cross to teach swim lessons. The class will approach the pedagogy of instructing swim lessons for both swimmers and nonswimmers of all ages.

Ages: 15+  
 Date: March 8, 9, 10  
 Location: Sports\*Com  
 Fee: \$175  
 Contact: Cody Saffel, 615-895-5040, csaffel@murfreesborotn.gov  
 \*\*Registration is Required\*\*



## American Red Cross Lifeguard Instructors (LGI) Class

Become certified to teach the American Red Cross Lifeguard Courses! Participants must be currently certified as an American Red Cross Lifeguard and be at least 17 years old.

Ages: 17+  
 Date: January 10-13 (Thursday – Sunday)  
 Or February 5 – March 5 (Tuesdays & Thursdays only)  
 Location: Sports\*Com  
 Fee: \$175  
 Contact: Cody Saffel, 615-895-5040, csaffel@murfreesborotn.gov  
 \*\*Registration is Required\*\*





### Youth Volleyball Class

Bump, set and spike it at Sports\*Com, as qualified coaches give instruction in every aspect of the game. From beginners to advanced, youth volleyball players will have the opportunity to develop and refine their skills through practice and game situations. The youth class is a great way to start preparation for the Summer Youth League.

Ages: 8 - 15

Dates: Thursdays

Time: 4:30 to 6:00 p.m.

Location: Sports\*Com

Fee: \$3 per visit or facility pass

Contact: Athletics, 615-907-2251, [smaxey@murfreesborotn.gov](mailto:smaxey@murfreesborotn.gov)



### Pickleball

Join us for this fun sport that combines many elements of tennis, badminton, and ping-pong. The rules are simple and easy for beginners to learn, but the game can become quick, fast-paced and competitive for experienced players.

Age: Adults

Location: Sports\*Com

Day/Time: Tuesday and Thursday- 12:00 – 3:00 p.m.

(Winter Break Tuesday and Thursday 8:00 - 11:00 a.m.)

Location: McFadden

Day/Time: Monday, Wednesday, and Friday- 9:00a.m. – 12:00 p.m.

(Winter Break 12/19, 21, 31, 1/2, 4, and 7- 8:00 - 11:00 a.m.)

Locations: Patterson Park Community Center

Day/Time: Wednesday- 12:00 - 3:00 p.m.

Fee: Facility Pass (\$4 Adults / \$3 Seniors)

Contact: Bart Fite, 615-895-5040, [bfite@murfreesborotn.gov](mailto:bfite@murfreesborotn.gov) (Sports\*Com)

Mike Philpott, 615-893-1802, [mphilpott@murfreesborotn.gov](mailto:mphilpott@murfreesborotn.gov) (McFadden)

Gernell Jenkins, 615-893-7439, [gjenkins@murfreesborotn.gov](mailto:gjenkins@murfreesborotn.gov) (Patterson)

### Adult Recreational Coed Volleyball League

The Recreation Department offers recreational volleyball for those players who are out to have fun. The league plays at Patterson Park on Monday nights in a laid-back atmosphere. Social interaction and fun are a big part of the league. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so please call and let us know you're interested.

Ages: Adults

Dates: Mondays

Time: Games will begin at 6:00, 7:00, 8:00 P.M.

Location: Patterson Park Community Center

Fee: \$4 per visit per person or facility pass

Contact: Sami Maxey, 615-907-2251, [smaxey@murfreesborotn.gov](mailto:smaxey@murfreesborotn.gov)



### Adult Power Coed Volleyball League

Murfreesboro Parks and Recreation offers competitive volleyball for those players who have experience with the game. The league plays at Sports\*Com on Thursday nights, and the competition is stiff. Teams wanting to get in the league can call the contact information below. Experienced players without a team should contact us and we will try to get you involved.

Ages: Adults

Dates: Thursdays

Time: Games will begin at 6:00, 7:00, 8:00 P.M.

Location: Sports\*Com

Fee: \$4 per visit per person or facility pass

Contact: Sami Maxey, 615-907-2251, [smaxey@murfreesborotn.gov](mailto:smaxey@murfreesborotn.gov)



## Sports\*Com Adult Basketball League

Sports\*Com's Adult Basketball League is a great way for adult athletes to stay in shape and play the game. The league offers full court games with qualified officials one day a week. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so don't let not having a team discourage you.

Ages: Adult  
 Dates: Wednesdays beginning in February  
 Time: Games will begin at 6:00, 7:00 or 8:00 P.M.  
 Location: Sports\*Com  
 Fee: \$4 per visit per person or facility pass  
 Contact: Trevor Hutchison, 615-907-2251, thutchison@murfreesborotn.gov



## Spring Racquetball League

Murfreesboro Parks and Recreation offers competitive and recreational racquetball for those players who have experience with the game. The league is separated into A, B, and C divisions. Players wanting to get into our racquetball league may use the contact and game information below if interested.



Ages: Adults  
 Dates: Sign-ups: February 1st – March 2nd. Matches start March 10th  
 Time: Players are responsible for scheduling their own games throughout the week after master schedule is posted.  
 Location: Patterson Park Community Center  
 Fee: \$15 league entry fee and facility admission  
 Contact: Trevor Hutchison, 615-907-2251, thuthison@murfreesborotn.gov

## Spring Adult Softball League

Spring Adult Softball League coaches' meeting is set for February 24, 2019, at 2 p.m. at the McFadden Community Center. The Spring Adult Softball League is designed for adults, who are 18 years of age and older, to compete against other players. Space is limited, so please have a team representative at the coaches' meeting. Both Men's and Women's Divisions will be offered. Players without a team may contact us to be placed on the free agent list.



Ages: 18 and up  
 Date: Coaches' Meeting  
 February 24, at 2 p.m.  
 League Play: Tentative Start Date week of April 9  
 Day: Monday through Friday nights  
 Time: Meeting Time is 2 p.m.  
 Location: McFadden Community Center- Gymnasium  
 Fee: \$550 per team  
 Contact: Brittany Garrett, bgarrett@murfreesborotn.gov, 615-907-2251

## 2018-19 Holiday Tennis Camps at the Adams Tennis Complex

Our objective for the Beginner / Intermediate Camp is to help produce a generation of kids who love to play the game of tennis. The key ingredient in fostering a love of the game is FUN. Our counselors work in a structured, organized system with manageable student/instructor ratios. We find that knowledge acquired through play (while having fun) makes our campers more eager to learn the techniques that can help them play better. That eagerness to learn and improve translates into lots of young players on the road to success!

Of course, our ATC campers are always instructed in the proper grips and stroke techniques. As much as possible, we put players into playing situations appropriate to their age and ability levels.

The ELITE Training Camp is geared toward preparing Tournament level players for competition, both physically and mentally. We pay great attention to detail of stroke technique and strive to teach players a well-rounded game capable of meeting the many different challenges they face in competitive play. We will do a lot of point play and live ball drills and also use video to analyze their stroke production.

Fees must be paid to register. Full refunds will be issued when a participant withdraws from camp at least two weeks in advance.

### ELITE TRAINING Camp

For ELITE Training Groups  
 Yellow & Blue and  
 Advanced Tournament Players

Wednesday 12:30 – 3:00 PM  
 Thursday 12:30 – 3:00 PM  
 Friday 12:30 – 3:00 PM  
 Only 1 Session Available  
 Limited to the first 24 registered January 2, 3, 4.  
 Cost: \$125 Members, \$140 Nonmembers.



## Beginner / Intermediate Camp

For Ages 5-15 including Elite Red Group

Session 1: December 20, 21, and 22  
 Thursday and Friday 1:00 – 4:00 PM  
 Saturday 11:00 AM - 2:00 PM

Session 2: January 2, 3, 4  
 Wednesday 3:00 – 6:00 PM  
 Thursday 3:00 – 6:00 PM  
 Friday 3:00 – 6:00 PM

Cost: \$135 Members, \$150 Nonmembers.

Parents must be prompt in picking up campers. A fee may be charged for late pickups.

For registration and more information, call the Adams Tennis Complex, 615-546-4000.



# Preschool Programs Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Wild Things</b> 9:30-10:15 AM Wilderness Station Ages: 1-4 w/ Parent			
<b>Tumbleweeds</b> 10:15-11:00 AM Sports*Com Ages: 3-5		<b>Tumbleweeds</b> 10:15-11:00 AM Sports*Com Ages: 3-5		<b>Toddler Time with Thomas</b> 10-11 AM Sports*Com Ages: Under 5	
		<b>Movers &amp; Shakers</b> 10:30-11 AM Patterson Park Ages: 1-3		<b>Movers &amp; Shakers</b> 10:30-11 AM Patterson Park Ages: 1-3	
		<b>Twist &amp; Shout</b> 11:05-11:45 AM Patterson Park Ages: 3-5		<b>Twist &amp; Shout</b> 11:05-11:45 AM Patterson Park Ages: 3-5	







## Tumbleweeds

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your spot—space is limited.

Ages: 3-5  
Days: Mondays & Wednesdays  
Time: 10:15-11:00 a.m.  
Location: Sports\*Com Aerobic Room  
Fee: \$3.00 or facility pass. Preregistration is required.  
Contact: Front Desk Staff, 615-895-5040



## Wild Things

Welcome to the Wilderness!

Introduce your child to the wonders of nature in this fun-filled class designed just for them. Each week the adventure starts with unique songs and a discussion about the animal of the week. We reinforce each topic with a simple craft and a nature hike or fun activity. Join us each Wednesday and learn about the wonderful, wacky wildlife that lives in Tennessee. Registration is required. Please call the Tuesday before class to register.

Ages: 1 – 4 years with adult  
Day: Wednesdays  
Times: 9:30 a.m.  
(Call on the Tuesday before for reservations.)  
Location: Wilderness Station  
Fee: \$3.00  
Contact: Wilderness Station, 615-217-3017. Reservation required.

## KidFIT

### Movers and Shakers

This parent participation class is designed to get you and your little one moving! Focus on playing with others, gross motor skills and having fun. Class size is limited. Please call to register.

Ages: 1-3 years  
Days: Wednesday and Friday  
Dates: Ongoing  
Time: 10:30-11:00a.m.  
Location: Patterson Park Community Center  
Fee: \$3.00 or Facility Pass.  
Contact: Chad Hill, C.S.C.S., 615-893-7439, chill@murfreesborotn.gov



### Twist and Shout

Children run, jump, and play while learning important skills such as balance, coordination, listening and taking turns. Designed to make fitness fun!

Ages: 3-5 years  
Days: Wednesday and Friday  
Dates: Ongoing  
Time: 11:05-11:45a.m.  
Location: Patterson Park Community Center  
Fee: \$3.00 or Facility Pass  
Contact: Chad Hill, C.S.C.S., 615-893-7439, chill@murfreesborotn.gov

## Toddler Time with Thomas

Little kids love to play and that's what they do while learning to wait their turn, follow directions and work together to accomplish simple goals. The focus is on body part recognition, cognitive skill development and, of course, FUN.

Ages: 5 and Under  
Dates: Fridays  
Time: 10 a.m.  
Location: Sports\*Com  
Fee: \$3 per visit  
Contact: Thomas Laird, 615-907-2251, tlaird@murfreesborotn.gov



# PERFORM MURFREESBORO

## Perform Murfreesboro

Perform Murfreesboro commits to being a positive influence in the education of Theatrical Arts by providing professional quality theatre programming for children. **PERFORM MURFREESBORO BELIEVES:** Theatre Education helps children gain confidence in themselves in the areas of public speaking, music appreciation, dance, creative thinking, problem solving, team and leadership skills, and more. Our practice is to put more emphasis on the process rather than the final product. We believe that by focusing on a quality process, we naturally produce a quality production that will provide entertainment for the community.

## Perform Murfreesboro Membership

Perform Murfreesboro Members gain access to a wide variety of programming at no extra cost to them after a \$25.00 membership fee. The membership lasts for one fiscal year (July 2017-June 2018) and comes with many perks. Members have access to free classes in a range of subjects, are given a gift with the Perform Murfreesboro logo on it, and can sell tickets (not required) at a discounted price to Perform Murfreesboro Productions they are involved in. Members of Perform Murfreesboro enter a unique community of artistic individuals and build confidence together while experiencing the arts.

Age: 6-17

Fee: \$25.00

Location: The Washington Theatre at Patterson Park Community Center

Register: Patterson Park, Sports\*Com, or Main Office

Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov



Like us on Facebook for more information.

**Facebook.com/culturalartsmurfreesboro**

See our facebook page for pictures from our Perform Murfreesboro Productions, updates to dates and times of programs listed, information on programs not listed, and to feel free to comment on and share our posts!

Like us on Instagram:

@CulturalArtsMurfreesboro

@TheWashingtonTheatreTN

## Perform Murfreesboro – Auditions

Auditions are open for everyone (some productions will have age limitations) and Perform Murfreesboro Membership is not required to audition for a production (but is required if cast in the production). Auditioning can sound like a scary experience but we do our best to surround you with a supportive environment and make it as fun and exciting as it should be! Rehearsals are generally on Monday, Tuesday, and Thursday evenings.

## Audition Opportunity: Aladdin Jr

Disney's Aladdin JR. is based on the 1992 Academy-Award®-winning film and the 2014 hit Broadway show about the "diamond in the rough" street rat who learns that his true worth lies deep within.

Auditions: January 2nd and 4th (only come to one)

Ages: 6-12

Times: Jan 2nd – Dance Only Auditions all ages 5-6pm

Ages 6-9 Vocal and Monologue Audition 6-7pm

Ages 10-12 Vocal and Monologue 7:30 to 9pm

Jan 4th – Dance Only Auditions all ages 5-6pm

Ages 6-9 Vocal and Monologue Audition 6-7pm

Ages 10-12 Vocal and Monologue 7:30 to 9pm

Callbacks – Jan 5th – Invitation only – 4pm

Fee: Free

Location: The Washington Theatre at Patterson Park Community Center

Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov

Rehearsals will begin January 7, 2019 (M, T, R from 6:30-8:30pm) and run thru the performances on February 22nd -24th.

## Audition Opportunity: High School Musical Jr.

We're all in this together in Disney Channel's smash hit musical featuring the students of East High.

Disney Channel's smash hit movie musical comes to life on your stage! Troy, Gabriella and the students of East High must deal with issues of first love, friends and family while balancing their classes and extracurricular activities.

It's the first day after winter break at East High. The Jocks, Brainiacs, Thespians and Skater Dudes find their cliques, recount their vacations and look forward to the new year. Basketball team captain and resident jock, Troy, discovers that the brainy Gabriella, a girl he met singing karaoke on his ski trip, has just enrolled at East High. They cause an upheaval when they decide to audition for the high school musical that is being led by Ms. Darbus. Although many students resent the threat posed to the "status quo," Troy and Gabriella's alliance might just open the door for others to shine as well.

Disney's High School Musical is fun for the whole family. Its large cast size and upbeat numbers make it the ideal show for middle and high school productions or the highlight of any community theatre's season!

Auditions: February 13th and 15th (only come to one)

Ages: 12-17

Times: 12-14 year old's 5-6:30pm (Monologue and Song)

15-17 year old's 6:30pm-until (Monologue and Song)

12-17 year old's dance, gymnastic, cheer ONLY Auditions at 3pm on February 16th

Fee: Free

Location: The Washington Theatre at Patterson Park Community Center

Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov

Call backs: for High School Musical Jr. if necessary 4-8pm on February 16th





### Performance: Beauty and the Beast Jr

The Award-winning animated film and stage play comes to life in this romantic and beloved take on the classic fairy tale.

Based on the original Broadway production that ran for over thirteen years and was nominated for nine Tony Awards, and the Academy Award-winning motion picture, Disney's Beauty and the Beast JR. is a fantastic adaptation of the story of transformation and tolerance. Disney's Beauty and the Beast JR. features some of the most popular songs ever written by Alan Menken and the late Howard Ashman, along with new songs by Mr. Menken and Tim Rice.

The classic story tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed to his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

Production: November 29, 30, December 1, and 2

Day: Thursday, Friday, Saturday, Sunday

Time: Thursday, Friday, Saturday at 7pm and Sunday at 2pm  
(Doors open 30 minutes prior to show times listed)

Tickets: Adults \$7.50/Youth (ages 4-17) \$6.00/Seniors (ages 60+) \$6.00

Location: The Washington Theatre at Patterson Park Community Center

Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov  
Pam Taylor, 615-867-7244, ptaylor@murfreesborotn.gov



### Performance: Aladdin Jr.

Discover "A Whole New World" with this magically updated version of the Academy Award-winning Disney classic!

Disney's Aladdin JR. is based on the 1992 Academy-Award®-winning film and the 2014 hit Broadway show about the "diamond in the rough" street rat who learns that his true worth lies deep within.

The story you know and love has been given the royal treatment! Aladdin and his three friends, Babkak, Omar, and Kassim, are down on their luck until Aladdin discovers a magic lamp and the Genie who has the power to grant three wishes. Wanting to earn the respect of the princess, Jasmine, Aladdin embarks on an adventure that will test his will and his moral character. With expanded characters, new songs, and more thrills, this new adaptation of the beloved story will open up "a whole new world" for your young performers!

Production: February 22, 23, and 24

Day: Friday, Saturday, Sunday

Time: Friday, Saturday at 7pm and Sunday at 2pm

(Doors open 30 minutes prior to show times listed)

Tickets: Adults \$7.50/Youth (ages 4-17) \$6.00/Seniors (ages 60+) \$6.00

Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov  
Pam Taylor, 615-867-7244, ptaylor@murfreesborotn.gov





### Performance: Winnie the Pooh Kids

Pooh Bear and all of his friends from the classic children's books and animated film band together to rescue their friend, Christopher Robin.

Disney's Winnie the Pooh KIDS is a delightful show based on the beloved characters of A.A. Milne and the 2011 Disney animated feature film. Featuring favorite songs from the film, as well as new hits by the Academy Award-winning Robert and Kristen Lopez (Frozen), this honey-filled delight is as sweet as it is fun.

Welcome to the Hundred Acre Wood, where Winnie the Pooh is once again in search of honey. Along the way, he meets his pals, Tigger, Piglet, Rabbit and Owl, but soon discovers that Christopher Robin has been captured by the mysterious Backson! As they prepare for a rescue operation, the animals learn about teamwork, friendship and, of course... sharing snacks.

Filled with all of their favorite characters, Disney's Winnie the Pooh KIDS is a favorite for children to perform. There is ample opportunity for adding a large ensemble and filling your stage with as many creatures of the Hundred Acre Wood as possible  
Production: March 6, 7, 8, and 9

Day: Thursday, Friday, Saturday, Sunday

Time: Thursday, Friday, Saturday at 7pm and Sunday at 2pm  
(Doors open 30 minutes prior to show times listed)

Tickets: Adults \$7.50/Youth (ages 4-17) \$6.00/Seniors (ages 60+) \$6.00

Location: The Washington Theatre at Patterson Park Community Center

Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov  
Pam Taylor, 615-867-7244, ptaylor@murfreesborotn.gov



### Homeschool Show Choir!

This is a weekly Choir to supplement your homeschooling curriculum. Your child will enjoy learning the ins and outs of a show choir. They will dance and sing their hearts out! Ms. Shelby Parfait will have them harmonizing together in no time. Friendships will be made along with great memories, come join us and experience Perform Murfreesboro Homeschool Show Choir!

Ages: 9-17

Date: January 16th – May 5th (Performance date TBA)

Day: Wednesdays

Time: 11:30-12:30pm

Fee: \$25 activity fee with Perform Murfreesboro Membership

Location: The Washington Theatre at Patterson Park

Register: \*Required\* Call Ms. Susan to sign up for this class. (Registration begins January 2nd ends January 20th.) (Space is limited).

Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov



### Theatre Ensemble Choir

Sign up for a theatre ensemble choir experience! Spaces are limited, so please sign up ASAP. Students will learn how to approach choreography and the importance of being an ensemble cast member!

Ages: 9-17

Date: January 15th – May 5th Registration is open until January 20th.

Day: Tuesdays

Time: 5:00pm-6:00pm (Performance Dates TBA)

Fee: Free with Perform Murfreesboro Membership + \$25 supply fee

Location: The Washington Theatre at Patterson Park

Register: \*Required\* Call Ms. Susan to sign up for this class. (Registration ends January 21st)

Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov







### Season Reveal Class

Students will learn the ins and outs of auditioning and acting while being a part of our very special acting team to announce our 31st Season at our season reveal by Performing parts of each show!

Ages: 12-17 (Not cast in Aladdin Jr.)  
 Date: January 7, 14, 28 February 4, 11, 25 March 4  
 Day: Mondays  
 Time: 5pm-6pm  
 Fee: Free with Perform Murfreesboro Membership  
 Location: The Washington Theatre at Patterson Park  
 Register: \*Required\* Call Miss Susan to sign up for this class. (Space is Limited)  
 Sign-ups begin January 2nd at 10am.  
 Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov



### Open Session: Photographing Your Artwork

In these open-studio sessions, artists will have the opportunity to photograph their artwork in a professional studio setting with a high resolution digital camera. These sessions allow local artists to produce professional digital records of their artwork for their website, marketing materials, and for submission to calls of entry, contests, grants, and exhibitions. Participants are allotted 30 minutes per/session.

#### 2D Artwork Sessions

Dates: Saturday, January 19  
 Time: 10:00am – 3:00pm  
 Fee: \$10.00  
 Location: The Washington Theatre at Patterson Park  
 Register: Must register for 30-minute time slot with Audrey Molloy by January 18.  
 Contact: Audrey Molloy, 615-876-7244, amolloy@murfreesborotn.gov

#### 3D Artwork Sessions

Dates: Saturday, January 26th  
 Time: 10:00am – 3:00pm  
 Fee: \$10.00  
 Location: The Washington Theatre at Patterson Park  
 Register: Must register for 30-minute time slot with Audrey Molloy by January 25.  
 Contact: Audrey Molloy, 615-876-7244, amolloy@murfreesborotn.gov





### Christmas at Cannonsburgh Village

Christmas at Cannonsburgh is an event intended to celebrate an Old-fashioned Christmas. Pictures with Santa, hot apple cider, cookies, and a hayride will be featured during this event. Weather permitting, local crafters will be selling their handmade goods. This is an outdoor event. So bundle up, and come enjoy the day.

Age: All ages  
 Dates: Saturday, December 1, 2018  
 Time: 10a.m.-3p.m.  
 Location: Cannonsburgh Village  
 Fee: Free Admission. Fee for pictures with Santa.  
 Contact: Cannonsburgh Village, 615-890-0355, shodges@murfreesborotn.gov



### Night of Thanks

Harvey MacKay states: "None of us got to where we are alone. Whether the assistance we received was obvious or subtle, acknowledging someone's help is a big part of understanding the importance of saying thank you!" At Patterson Park, our youth development program would not be successful without the support of our many community partners. This is a time we say thanks for their sacrifice and services they render on a continuous basis. This will be a banquet format. We will also have the Third Annual Presentation of the Dexter Hurd Impact Award.

Age: All Ages  
 Date: Monday, December 17  
 Time: 5:00 p.m. – 7:00 p.m.  
 Fee: Free  
 Location: Patterson Park Community Center  
 Contact: Crystal Ellis-McFerrin, 615-893-7439, cellis@murfreesborotn.gov



### Come on caller.... Make me holler... Bingo!

Come out and bring a friend. Prepare to have a great time and build new friendships every 2nd and 4th Tuesday of each month for our afternoon Bingo. You will meet people in your community who enjoy a friendly competition as you compete for various prizes. Grand prizes will be given out at the end.

Ages: Adults and Seniors  
 Days: 2nd and 4th Tuesdays (only the 1st Tuesday in December) and 1st Thursday of each month  
 Dates: December-February  
 Fee: \$4.00 adults/ \$3.00 seniors  
 Time: 10:00am -11:00am  
 Location: Bradley Academy Museum & Cultural Center  
 Contact: Vonchelle Stembridge, 615-962-8773, vstembridge@murfreesborotn.gov

### Roots – Youth Exhibition

Explore the imagination and inspiration of our youth! A part of Bradley Academy Museum's Centennial Celebration, this art exhibition shows off the heritage of our community. Artworks on display will show many different cultures, traditions, and backgrounds, while showing off the creativeness and talents of our community's youth.

Ages: 6-18years  
 Date: Saturday, December 8  
 Time: 11:00am – 1:00pm  
 Fee: Free  
 Location: Bradley Academy Museum & Cultural Center  
 Contact: Vonchelle Stembridge, 615-962-8773, vstembridge@murfreesborotn.gov



### A Mommy & Me Winter Wonderland

Celebrate the winter season with a Mommy & Me storytime hour! This story time will not only have books and crafts, but we will also make a winter-themed snack. Entertaining books, sing-a-longs, and snacks give Mommy & Me an opportunity to participate in the joys of the season.

Ages: 3 & up  
 Date: December 5th, 7th, 12th, and 14th  
 Time: 10 am – 11 am  
 Fee: \$4.00 per adult  
 Location: Bradley Academy Museum & Cultural Center  
 Contact: Vonchelle Stembridge, 615-962-8773, vstembridge@murfreesborotn.gov



## Night at the Museum (Lock in)

Calling all teenagers! Come explore the museum at night. We will take a tour of the museum after dark, play games, watch movies, create art, and do so much more. We have so many scavenger hunts and exciting things for you around every corner.

Ages: 13-17 years  
 Dates: Friday, January 25  
 Fee: \$10 per youth  
 Time: 7:00pm-7:00am  
 Location: Bradley Academy Museum & Cultural Center  
 Contact: Vonchelle Stembridge, 615-962-8773, vstembridge@murfreesborotn.gov

## Artist Night at the Museum

Spending time with your friends or family enjoying live music, spoken word, different styles of dance, and appreciating artwork is a great way to bond. Shared creative experiences will become memories that can last a lifetime. Please join us once a month on Sunday for our Artist Night at the Museum.

Ages: Adults  
 Dates: January 27 & February 24  
 Fee: Free  
 Time: 7:00pm  
 Location: Bradley Academy Museum & Cultural Center  
 Contact: Vonchelle Stembridge, 615-962-8773, vstembridge@murfreesborotn.gov



## Murfreesboro City Schools African American Cultural Night

Patterson Park Community Center partners with the Murfreesboro City Schools to celebrate African American culture. Every year we involve city school students, art, authentic food, music, and an educational interactive performance about local history of African American culture. Come celebrate culture and history with the community's youth. Culture is for everybody!

Ages: All Ages  
 Date: Thursday, January 31  
 Time: 4:00 pm – 7:00 pm  
 Fee: Free  
 Location: Patterson Park Community Center  
 Contact: Crystal Ellis-McFerrin, 615-893-7439, cellis@murfreesborotn.gov



## Black History Past, Present, and Future

Please join us as we celebrate Black History Past, Present, and Future. We will be celebrating all month the culture and history of African Americans. During this event we will have several displays of inventions created by African Americans. Come embrace the entire culture with music, authentic dishes, and history.

Ages: All  
 Date: Saturday, February 2  
 Fee: Free  
 Time: 11:00am -2:00pm- Bradley Academy Museum & Cultural Center  
 3:00pm-5:00pm- Patterson Park Community Center  
 Location: Bradley Academy Museum & Cultural Center  
 Patterson Park Community Center  
 Contact: Vonchelle Stembridge, 615-962-8773, vstembridge@murfreesborotn.gov

## Black History Program

In the United States, the month of February is observed as Black History Month or National African American History Month. We use this month to remember the important contributions and achievements of African Americans throughout our nation's history. The celebration can be felt locally, nationally and worldwide as many organizations, cities, states and countries host events that educate about the rich culture and memorable figures of African American history. We will also acknowledge some of our local African American heroes and their contributions.

Date: Saturday, February 2  
 Time: 3:00p.m.- 5:00p.m.  
 Fee: Free  
 Location: Patterson Park Community Center  
 Contact: Crystal Ellis-McFerrin, 615-893-7439, cellis@murfreesborotn.gov





### Wild Things

Welcome to the Wilderness!

Introduce your child to the wonders of nature in this fun-filled class designed just for them. Each week the adventure starts with unique songs and a discussion about the animal of the week. We reinforce each topic with a simple craft and a nature hike or fun activity. Join us each Wednesday and learn about the wonderful, wacky wildlife that living in Tennessee. Registration is required. Please call the Tuesday before class to register.

Ages: 1 – 4 years with adult  
 Day: Wednesdays  
 Times: 9:30 a.m.  
 (Call on the Tuesday before for reservations.)  
 Location: Wilderness Station  
 Fee: \$3.00  
 Contact: Wilderness Station, 615-217-3017. Reservation required.

### Owl Wisdom

What is your owl IQ? Join us as we take a look at these amazing animals and unlock some interesting facts. Then roll up your sleeves and dissect an owl pellet to see what was for dinner. It's gross but so much fun! Registration Required.

Ages: 8 - 12 years  
 Date: Saturday, January 5  
 Time: 2:00 p.m.  
 Location: Wilderness Station  
 Fee: \$5  
 Contact: Wilderness Station, 615-217-3017,  
 outdoormurfreesboro@murfreesborotn.gov



### Silly Grandpa Concert

Come join in the silliness at the Wilderness Station since we have invited Silly Grandpa to play a concert. Sing, clap, and dance along to Silly Grandpa's fun and entertaining songs.

Ages: All  
 Date: Saturday, January 19  
 Time: 1:00 pm  
 Location: Wilderness Station  
 Fee: Free  
 Contact: Wilderness Station, 615-217-3017,  
 outdoormurfreesboro@murfreesborotn.gov



### Music in the Wild

Warm up inside the Wilderness Station as we welcome the band Runaway Home back to the park. Runaway Home is a Panoramic-Americana band founded by two intrepid dreamers and schemers who share a love for music and the places it takes us all. Pulling from diverse musical backgrounds, Runaway Home blends their sound whiskey-smooth and harmonically strong, with a plaintive and rootsy edge.

We will be serving some of our delicious bird-friendly coffee that will be perfect to sip on while enjoying live music and the company of friends, new and old.

Ages: All  
 Date: Saturday, January 26  
 Time: Doors open at 5:30; music is 6:30 p.m. to 8:30 p.m.  
 Location: Wilderness Station  
 Fee: Free  
 Contact: Wilderness Station, 615-217-3017,  
 outdoormurfreesboro@murfreesborotn.gov



### Birthday Parties

Have your child's next birthday party at the Wilderness Station.

Choose one of our exciting nature-themed programs led by a park naturalist. Visit our website for full descriptions, pricing, and scheduling at [www.murfreesborotn.gov/parks](http://www.murfreesborotn.gov/parks) under Wilderness Station.





## Natural Holiday Wreath Making

Join us at the Wilderness Station to make your own holiday wreath adorned with fresh cedar boughs, ribbon, and all kinds of decorative accents! These wreaths look beautiful and smell amazing! All materials will be provided. Registration required.

Ages: 10+  
Date: Tuesday, December 4  
Time: 6:00 – 7:00 pm  
Location: Wilderness Station  
Fee: \$15  
Contact: Hailey Moss, 615-217-3017, [hmoss@murfreesborotn.gov](mailto:hmoss@murfreesborotn.gov)

## Pinecone Bird Feeders

Come make delicious winter-time treats to put outside for your neighborhood birds! Registration is required.

Ages: 4+  
Date: Friday, December 14  
Time: 9:30 – 10:00 am  
Location: Wilderness Station  
Fee: \$3  
Contact: Hailey Moss, 615-217-3017, [hmoss@murfreesborotn.gov](mailto:hmoss@murfreesborotn.gov)



## Wildlife Painting

Unleash your inner artist! Join us at the Wilderness Station for an artist led paint-a-long. Have fun, and let the paint flow as an instructor leads you step by step through the painting process. The subject matter of the paintings will be wildlife/nature-based and will be great for all skill levels. So come on out and get creative! Class will be held inside, so don't let the weather scare you away. Space is limited, and reservations are required. All materials are provided.

Ages: Adult (13 and up)  
Dates: Saturday, December 8th, January 12th, February 9th  
Time: 9:00 am - 11:00 am  
Fee: \$15.00  
Location: Wilderness Station  
Contact: Wilderness Station, 615-217-3017, [outdoormurfreesboro@murfreesborotn.gov](mailto:outdoormurfreesboro@murfreesborotn.gov)

## Earth Rocks! Webelos Workshop

Calling all Webelos! Join us as we cover all requirements for the Earth Rocks! Adventure. We will explore the exciting world of geology and find out why it's important to us as humans. We will also play rock cycle tag and learn about the different characteristics of rocks through testing. Registration is required.

Ages: 8-10 (any Webelo Scout)  
Date: Saturday, February 16  
Time: 10:00 am-12:00 pm  
Location: Wilderness Station  
Fee: \$3  
Contact: Hailey Moss, 615-217-3017, [hmoss@murfreesborotn.gov](mailto:hmoss@murfreesborotn.gov)

## Naturalist-Guided Winter Hike

Winter is one of the best times to hike in Tennessee! Views into the forest are better, while bugs are gone, and temperatures are generally mild. Meet at the Wilderness Station to explore one of our unpaved, easy to moderate trails! Wear sturdy shoes, and be prepared to walk up to 2 miles.

Ages: All  
Date: Friday, January 18  
Time: 4:00 pm  
Location: Wilderness Station  
Fee: Free  
Contact: Hailey Moss, 615-217-3017, [hmoss@murfreesborotn.gov](mailto:hmoss@murfreesborotn.gov)



## Winter Wetland Hike

Every wonder what wetland creatures are up to in the winter? Come and find out with us as we explore Nickajack Wetland! Meet at Nickajack (call the Wilderness Station for directions). Wear sturdy shoes or boots, and be prepared to walk approximately a mile. Registration is required.

Ages: All  
Date: Friday, January 25  
Time: 4:00 pm  
Location: Nickajack Wetland (Call Wilderness Station for Directions)  
Fee: Free  
Contact: Hailey Moss, 615-217-3017, [hmoss@murfreesborotn.gov](mailto:hmoss@murfreesborotn.gov)

## Teachers, Homeschoolers, and Scouts

### Field Trips and Field Studies for Your Group:

We have added several new programs to share with your group. We can now accommodate large classes or small rotational groups. All programs are correlated with state standards or can be adjusted to satisfy badge requirements.

Contact Lauren Hughes for a complete list of programs and locations at (615) 217-3017 or [lhughes@murfreesborotn.gov](mailto:lhughes@murfreesborotn.gov). You can also check out our website at [www.murfreesborotn.gov/parks](http://www.murfreesborotn.gov/parks) under Wilderness Station.



### Meet the Animals

Come meet some of the animals that call the Wilderness Station home! We will introduce the animals one by one, and talk about their natural history. If you've been wanting to meet Cooper the screech owl or Wilbur the possum, here's your chance!

Ages: All  
 Date: Saturday, February 2  
 Time: 10:00 am  
 Location: Wilderness Station  
 Fee: Free  
 Contact: Hailey Moss, 615-217-3017, [hmoss@murfreesborotn.gov](mailto:hmoss@murfreesborotn.gov)



### Brrraving the Cold

Have you ever wondered why polar bears are so comfortable in the Arctic or how birds stay warm all winter? We will answer those questions and more through hands-on activities! Join us as we discuss the most amazing adaptations that animals have to survive cold temperatures, both in Tennessee and elsewhere. Registration is required.

Ages: 5+  
 Date: Saturday, January 12  
 Time: 2:00 pm  
 Location: Wilderness Station  
 Fee: Free  
 Contact: Hailey Moss, 615-217-3017, [hmoss@murfreesborotn.gov](mailto:hmoss@murfreesborotn.gov)



### Winter Science Camp for Homeschoolers

Students at our Winter Science Camp will explore the worlds of biology, physics, astronomy, chemistry, and more through hands-on activities and experiments! We will also get outside for some winter hiking as we learn about Tennessee's natural history. Space is limited, so register quickly.

Ages: 7-9  
 Date: February 4 - 8  
 Time: 10:00 am - 2:00 pm  
 Location: Wilderness Station  
 Fee: \$75  
 Contact: Hailey Moss, 615-217-3017, [hmoss@murfreesborotn.gov](mailto:hmoss@murfreesborotn.gov)

### Post-Holiday Hikes

How many of us indulged in a few too many pieces of fudge or a couple extra helpings of dressing and gravy? Don't despair! We'll hike off those unwanted pounds. Join us weekly in January and February for staff-led hikes on the beautiful back country trails. Hikes will last an hour to an hour and a half.

Ages: Adults  
 Day: Thursdays in January and February - starting January 3rd  
 Time: 10:00 a.m.  
 Location: Wilderness Station  
 Fee: Free  
 Contact: Wilderness Station, 615-217-3017, [outdoormurfreesboro@murfreesborotn.gov](mailto:outdoormurfreesboro@murfreesborotn.gov)

### Post-Holiday Greenway Walks

Come and walk off the unwanted holiday pounds! Join us weekly in January and February for staff-led walks on the beautiful Murfreesboro Greenway. Hikes will last an hour to an hour and a half.

Ages: Adults  
 Day: Tuesdays in January and February  
 • January 8 - Thompson Lane Trailhead  
 • January 15 - General Bragg Trailhead  
 • January 22 - Manson Pike Trailhead  
 • January 29 - Cannonsburgh Trailhead  
 • February 5 - Old Fort Park Trailhead  
 • February 12 - Gateway Island Trailhead  
 • February 19 - Cason Trailhead  
 • February 26 - Central Valley Trailhead  
 Time: 10:00 a.m.  
 Location: Listed above; changes weekly. Please meet at the designated trailhead.  
 Fee: Free  
 Contact: Wilderness Station, 615-217-3017, [outdoormurfreesboro@murfreesborotn.gov](mailto:outdoormurfreesboro@murfreesborotn.gov)



### Christmas Traditions Hike

Join us at the Wilderness Station for a nature hike that explores some of the traditions of Christmas! So, come grab some hot chocolate, and wear a cozy scarf or crazy Christmas sweater to brave the cold. Enjoy this fun season! After the hike you can enjoy a cup of hot chocolate and warm fire. Registration is required.

Ages: All ages!  
 Date: Saturday, December 15  
 Time: 4:00-5:00pm  
 Fee: Free  
 Contact: Wilderness Station, 615-217-3017, [outdoormurfreesboro@murfreesborotn.gov](mailto:outdoormurfreesboro@murfreesborotn.gov)





## Winter Overlook Hiking Series

Break up the monotony of Winter by getting outside and checking out all beauty that Tennessee has to offer in the winter! We will be hiking to 3 different overlooks! Winter is the best time to go since the greenery isn't blocking your view. We will also go over how to prepare to hike in the winter, such as how to stay warm and what to pack! Grab a warm scarf and a camera and join us! Registration is required.

These trails are rated from easy to moderate due to elevation changes and some rocky or uneven terrain. There also will be suspension bridges on some of the hikes.

### Dates & Locations:

Savage Day Loop – February 9  
Laurel Falls and Stone Door – February 16  
Gorge Overlook Trail – Fall Creek Falls – February 23

Mandatory Pre-trip meeting: Wednesday, January 30, at 6:00pm

Day: Saturday

Time: Leaving the Wilderness Station 8:00am

Fee: \$15

Contact: Arti Mullins, 615-217-3017, amullins@murfreesborotn.gov



## Short Springs Day Hiking

Get outside this winter with one of our Day Hikes! Here we will be hiking in the Short Springs Natural Area! Don't forget to bring a camera to get pictures of the beautiful creeks and waterfalls! Registration is required.

This trail is rated as moderate due to elevation changes and some steep terrain.

Ages: 10+

Date: Saturday, December 8

Time: Departing the Wilderness Station at 8:00am

Fee: \$15

Contact: Arti Mullins, 615-217-3017, amullins@murfreesborotn.gov

## Natchez Trace Day Hiking

Needing a stroll through the woods to fight the cold, dark winter? Come join us for a 1.6 mile hike at the Natchez Trace on the Old Trace Garrison Creek Loop Trail! Don't forget a warm jacket and a camera as we enjoy beautiful views of the valley! Registration is required.

This trail is rated as moderate due to some elevation change and rocky, uneven terrain.

Ages: 10+

Date: January 26

Time: Departing the Wilderness Station at 9am.

Fee: \$15

Contact: Arti Mullins, 615-217-3017, amullins@murfreesborotn.gov

## Introducing Outdoor Murfreesboro's Outdoor Skills School!

Come and sharpen your outdoor skills with Outdoor Murfreesboro! Each week we will cover a new topic relating to outdoor recreation, survival, or naturalist skills. Call for more information regarding each class. Each class will last approximately one to one and a half hours. Registration is required.

Ages: 10 – Adult

Class Topics/Dates:

Knot Tying – January 5  
Primitive Fire Building – January 12  
Primitive Shelter Building – January 19  
Orienteering – January 26  
All-weather Hiking Basics – February 2  
Backpacking Basics – February 9  
Outdoor Cooking – February 16  
Naturalist Skills – February 23

Time: January 19 from 8-9 am, all other classes will be from 9-10 am.

Location: Wilderness Station

Fee: \$3/class or \$20/series

Contact: Lauren Hughes, 615-217-3017, lhughes@murfreesborotn.gov



## FREE Backpacks for Education!

The Greenway and Wilderness Station offer free educational backpacks for morning and afternoon checkout.

These backpacks are a great way to introduce your children or students to nature. Whether you're a teacher or interested parent, our educational backpacks offer fun and learning to children of all ages. Each backpack has a theme and includes specific learning material and programs surrounding the theme. The themes are: Birds, Trees, Insects, and Wildflowers. So pick your favorite subject and get outside to explore and learn about Tennessee's beautiful wilderness.

Backpacks may be checked out at the Wilderness Station at Barfield Crescent Park.



## PATTERSON PARK GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Metabolic Burn 8:30 - 9:30a.m.	AM Bootcamp/Adult Gym Yoga/ Exercise Studio 8:30 - 9:30a.m.	Metabolic Burn 8:30 - 9:30a.m.	AM Bootcamp/Adult Gym Yoga/ Exercise Studio 8:30 - 9:30a.m.	Body Sculpt 8:30 - 9:30a.m.	
Forever Fit 9:35 - 10:35a.m.	Zumba 9:35 - 10:35a.m.	Forever Fit 9:35 - 10:35a.m.	Zumba 9:35 - 10:35a.m.	Forever Fit 9:35 - 10:35a.m.	Saturday Surprise 9:05 - 10:05a.m.
Yoga 4:20 - 5:20p.m.	Zumba 4:30 - 5:30p.m.	Yoga 4:20 - 5:20p.m.	Zumba 4:30 - 5:30p.m.	Yin Yoga 1:00-2:00p.m.	
Step-n-Sculpt 5:30 - 6:30p.m.	Thrash & Bash 5:35 - 6:35p.m.	Step-n-Sculpt 5:30 - 6:30p.m.	Cardio Kickboxing 5:35 - 6:35p.m.	Mixed Fit 5:30-6:30pm	
Yoga 6:40 - 7:40p.m.	Burn 2.0 6:40 - 7:40p.m.	PiYo 6:40 - 7:40p.m.	Yoga 6:40 - 7:40p.m.		

**AM Boot Camp**

Challenge yourself to excel above average! This class mixes calisthenic and body weight exercises with interval training and strength training. Personal modifications given, if needed.

**Body Sculpt**

Weight and resistance training for anyone. Tone and tighten from your head to your toes using bands, stability balls and weights.

**Burn 2.0**

The Metabolic class you know and love with a little more burn. Heavier weights, fewer repetitions, and active rest with short bouts of cardio.

**Cardio Kickboxing**

Cardio Kickboxing is a combination of aerobics, boxing and martial arts. This total-body workout can improve strength, cardiovascular fitness, flexibility, coordination and balance.

**Forever Fit**

Specifically designed for men and women over 50. This class will improve your cardiovascular capacity, and muscle strength, as well as your flexibility.

**Metabolic Burn**

Short intense bouts of strength and cardio training followed by short periods of rest. This style of training helps the body burn calories and fat throughout the day.

**Mixed Fit**

High intensity dance fitness with explosive moves!

**PiYo**

A combination of Pilates and Yoga. This class incorporates flexibility, strength, balance and core conditioning. A bit more athletic than traditional Yoga, but a guided relaxation element is part of this class.

**Saturday Surprise**

Get the workout you want! This class will vary each week depending on instructor and participant input.

**Sit & Get Fit**

Adults & seniors of all abilities are welcome. Slow, gentle functional movements that can help you move easier, have more energy and feel alive.

**Step-N-Sculpt**

Have fun while giving your heart a great workout, and then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

**Thrash & Bash**

A full body cardio workout infused with isometric movements and strength training, using "drumming" motions and rhythms! Connect to your inner ROCK STAR!

**Yin Yoga**

A quieter practice focusing on opening the joints by stretching the connective tissue. Through long holds and deep breathing, this meditative practice will help you reset your mind and body.

**Yoga**

A great way to wind down. Focuses on improving your balance and flexibility, while at the same time reducing stress. For beginning and intermediate levels.

**Zumba**

Ditch the workout...join the party! Zumba is a dynamic and FUN dance-based fitness program for everyone! It fuses Latin rhythms with international music themes and combines the principles of interval training and resistance training to maximize caloric output, fat burning and total body toning. All fitness levels are welcome.





## SPORTS\*COM GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga (Studio B) 7:30-8:30a.m.		Yoga (Studio B) 7:30-8:30a.m.			
Zumba 8:15 - 9:15a.m.	Core Energy 8:00 - 9:00a.m.	Zumba 8:15 - 9:15a.m.	Core Energy 8:00 - 9:00a.m.	Zumba 8:15 - 9:15a.m.	Step/Tone 8:30 - 9:30a.m.
Retro Fit (Studio B) 9:20-10:05a.m.	Total Body 9:15-10:15a.m.	Retro Fit (Studio B) 9:20-10:05a.m.	Total Body 9:15-10:15a.m.	Retro Fit 9:20-10:05a.m.	
**Pelvic Health and Mobility 10a.m.		**Pelvic Health and Mobility 10a.m.			
**From the Floor Up 10:30a.m.		**From the Floor Up 10:30a.m.			
Tumbleweeds* 10:15-11:00a.m.	Tai Chi 10:30-11:15a.m.	Tumbleweeds* 10:15-11:00a.m.	Tai Chi 10:30-11:15a.m.		
^ Barre& (Studio B) 5:15-6:15p.m.		^ Barre& (Studio B) 5:15-6:15p.m.			
Total Body 5:15-6:15p.m.	Step/Tone 5:15-6:15p.m.	Zumba Toning 5:15-6:15p.m.	Total Body 5:15-6:15p.m.		
Strong by Zumba 6:30-7:30 p.m.	Yoga (Studio B) 6:00 - 7:00p.m.	Zumba 6:30-7:30.m.	Yoga (Studio B) 6:00 - 7:00p.m.		

\*Tumbleweeds: Ages 3-5: Registration DAY OF REQUIRED.

\*\* Pelvic Class & From the Floor Up: Starts January 2019. See description on Wellness Programs Page.

^ Barre&: Call for start date: 615-895-5040.

### Core Energy

This class concentrates on stabilization, alignment and core strength. Consists of standing moves and floor work with significant abdominal lower back work.

### Retro-Fit

This is a weight-lifting class a notch or two easier than our regular Total Body classes. Perfect for beginners and older clientele; consists of basic moves focusing on strength and flexibility.

### Step & Tone

This class consists of basic and not-so-basic moves using a traditional aerobic step. Designed for most fitness levels, it consists of moderate to high impact cardiovascular movements and may include additional toning and abdominal exercises.

### Tai Chi

Based on an ancient Chinese discipline, this class consists of slow movements, gentle postures and relaxed minds and bodies. Perfect for all ages and levels, consists of standing and moving postures.

### Total Body

This is a nonstop workout that uses dumbbells, body bars, balls, steps, and body weight to help develop the lean muscle tissue needed for a toned physique.

### Tumbleweeds\*

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. Ages 3-5 only. You must call the morning of class to reserve your spot—space is limited.

\*Registration DAY OF REQUIRED.

### Yoga

The class focuses on improving balance and flexibility, as well as assisting in stress reduction. For beginning and intermediate levels.

### Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance. Zumba toning adds the challenge of light weights for some of the moves. *Zumba Toning* adds the challenge of light weights for some of the moves. *Zumba Step* takes your moves up a level onto a short step platform.





### Tumbleweeds

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your spot—space is limited.

Ages: 3-5  
 Days: Mondays & Wednesdays  
 Time: 10:15-11:00 a.m.  
 Location: Sports\*Com Aerobic Room  
 Fee: \$3.00 or facility pass. Preregistration is required.  
 Contact: Front Desk Staff, 615-895-5040

### KidFIT

#### Movers and Shakers

This parent participation class is designed to get you and your little one moving! Focus on playing with others, gross motor skills and having fun. Class size is limited. Please call to register.

Ages: 1-3 years  
 Days: Wednesday and Friday  
 Dates: Ongoing  
 Time: 10:30-11:00a.m.  
 Location: Patterson Park Community Center  
 Fee: \$3.00 or Facility Pass.  
 Contact: Chad Hill C.S.C.S., 615-893-7439, [chill@murfreesborotn.gov](mailto:chill@murfreesborotn.gov)

#### Twist and Shout

Children run, jump, and play while learning important skills such as balance, coordination, listening and taking turns. Designed to make fitness fun!

Ages: 3-5 years  
 Days: Wednesday and Friday  
 Dates: Ongoing  
 Time: 11:05-11:45a.m.  
 Location: Patterson Park Community Center  
 Fee: \$3.00 or Facility Pass  
 Contact: Chad Hill C.S.C.S., 615-893-7439, [chill@murfreesborotn.gov](mailto:chill@murfreesborotn.gov)



### AM Boot Camp

A high-intensity program designed to increase overall fitness. This program can help you get stronger, more active, more energy, more confidence and vary your current workout program. Whether your goal is to lose weight, improve your level of fitness or just challenge yourself, this workout is for you. A wide variety of training techniques will be utilized, such as interval training, super sets, metabolic circuits and finishers.

Ages: 16 & up  
 Dates: Ongoing  
 Days: Tuesdays and Thursdays  
 Time: 8:30am – 9:30am  
 Location: Patterson Park Gymnasium or Multipurpose Field (weather permitting)  
 Fee: \$4 or Facility Pass  
 Contact: Chad Hill C.S.C.S., 615-893-7439, [chill@murfreesborotn.gov](mailto:chill@murfreesborotn.gov)



### Tai Chi

Tai Chi is an ancient Chinese discipline consisting of slow movements and postures done in a fluid and relaxed manner. It is used to reduce stress, increase flexibility, improve muscle strength, increase stamina and agility and increase the feeling of well-being.

Ages: 15 and up  
 Dates: Ongoing  
 Days: Fridays and Saturdays  
 Time: Friday 7:00 am-8:00 am  
 Saturday Beginners 10:30 pm- 11:30 pm  
 Saturday Intermediate 11:30am – 12:00pm  
 Location: Patterson Park Exercise Studio  
 Fee: Contact Bret Hawkins  
 Contact: Bret Hawkins, 615-895-4932, [Bretkeithhawkins@att.net](mailto:Bretkeithhawkins@att.net)

### Martial Arts

Have you ever wanted to get in shape, gain self-confidence, learn self-defense, increase flexibility, and have a great time? Join Bryan in the Patterson Exercise Studio for Martial Arts.

Ages: All  
 Dates: Ongoing  
 Days: Tuesday & Thursday  
 Time: 7:40 – 8:40pm  
 Location: Patterson Park Exercise Studio  
 Fee: Contact Bryan  
 Contact: Bryan Todd, 615-584-1024





## Santa's 12-Pack Challenge

'Tis the season for twelve-pack abs! Restore your core with Santa's Christmas Challenge, a fun & festive workout focusing on the jolly-belly area!!! A muscle building, fat burning, stress relieving workout.

Ages: 16 & up  
 Dates: Dec 1 – Dec 29  
 Days: Saturday  
 Time: 1:00p-2:00p  
 Location: Patterson Park Exercise Studio  
 Fee: \$4 or Facility Pass  
 Contact: Chad Hill, C.S.C.S., 615-893-7439, [chill@murfreesborotn.gov](mailto:chill@murfreesborotn.gov)

## Group Personal Training

Get the benefits of personal training at a fraction of the cost. Whether your goal is to lose weight, improve your level of fitness, or just challenge yourself, this program is for you. A wide variety of training techniques will be utilized such as interval training, super sets, metabolic circuits and finishers. Minimum of four participants with a maximum of 8. Create your own group or join an existing group. Two sessions per week for four weeks.

Ages: 16 & up  
 Dates: Ongoing  
 Location: Patterson Park  
 Fee: \$120 for 8 sessions per individual  
 Contact: Chad Hill, C.S.C.S., 615-893-7439, [chill@murfreesborotn.gov](mailto:chill@murfreesborotn.gov)



## Winter Sprinter

Six weeks of speed training. Improve your technique and increase your speed.

Ages: 16 & up  
 Dates: February 4 – March 15  
 Days: Mon, Wed, Fri  
 Time: 6:05a-6:35a Exercise St  
 Location: Patterson Park Gym  
 Fee: \$4 or Facility Pass  
 Contact: Jennifer Joines, 615-895-5040, [jjoines@murfreesborotn.gov](mailto:jjoines@murfreesborotn.gov)

## Additional Personal Training

Whatever your fitness goals, a personal trainer can help you achieve them with customized workouts!

These trainers work for our department on a contract basis. Their fees are different from but comparable to our costs. Contact each for further information on their fees and schedules.

Bret Hawkins: 615-895-4932; [bretkeithhawkins@att.net](mailto:bretkeithhawkins@att.net) Bret Hawkins Personal Fitness Trainer on Facebook  
 Todd Goyer: 615-238-5770



# 36 Wellness Programs

## Tabata Blast

Timed high-intensity interval training conducted in rounds. Each round lasts four minutes and requires 20 seconds of all-out intensity, followed by 10 seconds of rest, repeated eight times. Tabata pushes the limit on the percentage of your maximum heart rate. It has more impact on both the aerobic and anaerobic systems. Studies have shown that Tabata workouts burn up to 15 calories per minute which boosts metabolism and gets you fitter faster.

Ages: 16 & up  
 Dates: Starting January 3  
 Days: Thursday  
 Time: 4:30p-5:30p  
 Location: Patterson Park Exercise Studio  
 Fee: \$4 or Facility Pass  
 Contact: Chad Hill, C.S.C.S., 615-893-7439, [chill@murfreesborotn.gov](mailto:chill@murfreesborotn.gov)



## R.I.P.P.E.D.

Combines Resistance, Interval, Power, Plyometrics, and Endurance. Designed to help everybody meet their ultimate fitness goals in a super fun group exercise environment.

Ages: 16 & UP  
 Days: Wednesday  
 Dates: Ongoing  
 Time: 4:30p-5:30  
 Location: Patterson Park Community Center  
 Fee: \$4.00 or Facility Pass  
 Contact: Chad Hill, C.S.C.S., 615-893-7439, [chill@murfreesborotn.gov](mailto:chill@murfreesborotn.gov)



## Peak Performance

Strength, conditioning and performance training using weights, kettlebells, bands and barbells. The focus will be proper technique.

Ages: 16 & up  
 Dates: Dec 1 – Dec 29  
 Days: Saturday  
 Time: 1:00p-2:00p  
 Location: Patterson Park Exercise Studio  
 Fee: \$4 or Facility Pass  
 Contact: Chad Hill, C.S.C.S., 615-893-7439, [chill@murfreesborotn.gov](mailto:chill@murfreesborotn.gov)



## Pelvic Health and Mobility

This class will focus on breathing, strength, and alignment techniques to help get your pelvic floor working correctly for optimal support and function. Class will consist mostly of lying down and seated floor work with some possible standing movements. Starts January 2019.

Age: Adults  
 Date: Mondays and Wednesdays  
 Time: 10:00 am.  
 Location: Sports\*Com  
 Fee: \$4 or Facility Pass  
 Contact: Allison Davidson, 615-895-5040, [adavidson@murfreesborotn.gov](mailto:adavidson@murfreesborotn.gov)



## From the Floor Up

A strong body starts with a strong foundation. This class will work on strengthening, stretching and aligning your feet, knees, legs and hips to get your foundation steady and strong. All classes may include standing, sitting and mat/floor work, stretching, body weight exercises, light weights, bands, foam rollers and massage balls. Starts January 2019.

Ages: Adults  
 Date: Mondays and Wednesdays  
 Time: 10:30 am.  
 Location: Sports\*Com  
 Fee: \$4 or Facility Pass  
 Contact: Allison Davidson, 615-895-5040, [adavidson@murfreesborotn.gov](mailto:adavidson@murfreesborotn.gov)



## After Breast Cancer

We have partnered with the YMCA to offer the After Breast Cancer classes in our facilities. This program allows you to train with Pink Ribbon Trainers, meet with registered dietitians, get lymphedema education and find mental and emotional support from others facing the same issues. Please contact Melanie Cavender for more information and to sign up.

Ages: Adults  
 Location: Sports\*Com and Patterson Park Community Center  
 Fee: Free  
 Contact: Melanie Cavender, 615-895-5995, prompt #3, [mcavender@ymcamidtn.org](mailto:mcavender@ymcamidtn.org)



## Tenth - Annual Breakfast with Bob

At Sports\*Com, we know it's difficult staying motivated to exercise during the holidays so ...we want to reward everyone for their exercise commitment during this busy time with the opportunity to have Breakfast with Bob!



Age: Adult (age 16 +)  
 Dates: Registration begins Monday, December 17 (Please register at the Sports\*Com weight room sign-in desk)  
 2-week Holiday workout period begins: Monday, December 17 and ends Monday, December 31st. Excluding Christmas- Sports\*Com is closed.  
 Friday, January 18- Breakfast with Bob

- \*\*invitation only\*\*

Instructions: Chart your visits to the Sports\*Com weight room or track starting:

Mon, Dec 17, through Mon, Dec 31. (2-week holiday workout period)

\*If you exercise 2 times during the 2-week holiday period, Bob will shake your hand.

\*If you exercise 5 times during the 2-week holiday period, Bob will shake your hand, pat your back and say, "Good effort" with minimal feeling.

\*If you exercise 8 times during the 2-week holiday period, Bob will shake your hand, pat your back and say, "Good job" adding emotion to his voice. He will also give you a breakfast bar, but he can't stick around to eat it with you.

\*If you exercise 11 times during the 2-week holiday period you will receive a special invitation to attend Breakfast with Bob! During this special event Bob will personally tell everyone, "Great Job" with genuine excitement!

Location: Sports\*Com weight room and track

Fee: Facility Pass

Contact: Jennifer Joines, [jjoines@murfreesborotn.gov](mailto:jjoines@murfreesborotn.gov)





### New Year's Day 5k

Start the New Year off on the right foot with the 4th annual New Year's Day 5k! All fitness levels welcome. Register early to be guaranteed a souvenir shirt (by Dec. 9). Every finisher will receive a medal, and awards will be given to overall finishers and age group winners.

Ages: All  
 Date: January 1, 2019  
 Time: 11:00 a.m.  
 Fee: \$25 preregistration Including t-shirt through December 28, 2018  
 \$15 No t-shirt registration  
 Register: [www.runsignup.com/](http://www.runsignup.com/) Maximum 400 participants.  
 Location: New course- check runsignup for details.  
 Contact: Jennifer Joines, 615-893-2141, [jjoines@murfreesborotn.gov](mailto:jjoines@murfreesborotn.gov)  
 For more information and to register: [www.murfreesborotn.gov/parks](http://www.murfreesborotn.gov/parks)



### The Ultra Coffee Marathon – 50miles

Here's how it works: Buzz by each of the 12 participating coffee shops and walk or run all 12 routes. (You choose one per week; one per day; or all in one day). Each time you walk or run a route, ask the participating coffee shop to sign your passport. After completing all 12 routes, bring your signed passport to Sports\*Com for your commemorative coffee mug and car decal.

Maps will be available along with further instructions after registration.

You earned it!

Participating locations:

Cannonsburgh Village – 312 S. Front Street  
 City Cafe – 113 E. Main Street  
 Former JoZora's – 536 N Thompson Lane  
 Just Love Coffee Roasters – 129 MTCS Drive  
 The Wilderness Station at Barfield Crescent Park – 301 Volunteer Road  
 Former Pa Bunks – 107 S Church Street  
 Former Perk'd Coffeehouse – 225 N Rutherford Blvd.  
 Former Positiffitea – 121 S Church Street  
 Former Reveille Joe – 113 Maple Street  
 Simply Pure Sweets – 118 N Walnut Street  
 SportsCom – 2310 Memorial Blvd.  
 Sylvan Park – 1443 Broad Street

Age: All ages  
 Date: January - April  
 Fee: \$25.00, [runsignup.com](http://runsignup.com)  
 Register: online only- Registration begins December 30. If a coffee shop has closed for business, a friend or Sports\*Com employee may sign your passport.

Contact: Jennifer Joines,  
[jjoines@murfreesborotn.gov](mailto:jjoines@murfreesborotn.gov)





## Wellness Services offered by Sports\*Com and Patterson

### Fitness Assessments--\$35.00

This is a 45-minute test measuring cardiovascular fitness, muscle strength, flexibility and body fat percentage. Advanced scheduling is mandatory.

### Cholesterol Testing--\$25.00

This is a blood lipid panel test performed by an off-site lab (Quest Laboratories). Purchase of this test is available ONLY at Sports\*Com.

### Personal Training

Now is the time for your lifestyle to promote fitness, health, and well-being. Take a step in the right direction by hiring your own personal trainer.

Here are 10 reasons a personal trainer may be right for you.

1. Motivation- Certified personal trainers can provide structure and accountability, and help you develop a lifestyle that encourages health.
2. Individualized program- If you have any chronic health conditions, injuries or training goals, a trainer can work with you to plan a safe, efficient program that considers these needs and enables you to reach your health goals.
3. Efficiency- Personal trainers help you to focus on results and to stop wasting your time doing inefficient workouts. A personal trainer will help you get maximum results in minimum time.
4. Improve technical skills- A personal trainer can incorporate skills training into your program so you improve your strength, endurance, agility and mental focus.
5. You are new to exercise- A trainer will introduce you to a simple, effective routine so you will have the confidence and knowledge to adhere to a regular exercise program.
6. Breakthrough plateaus- You are stuck in the same routine and want to break out of a rut. A trainer will jump start, not only your motivation, but your routine as well.
7. Learn how to go it alone- Working with a personal trainer for a few months may be all you need to build a basic fitness program to achieve maximum results and continue on your own.
8. Workout Safely- A personal trainer watches your form and can provide objective feedback about your limits and strengths.
9. Lose Weight- If your New Year's resolution is to lose fat and build muscle, a trainer can keep you on track and help you realize those goals.
10. Improve Self-confidence- Whether you want to feel better, look better or tackle life's everyday tasks with ease, a personal trainer can help you on your way. Feel good in the skin you're in!

### Personal Training Rates:

<b>One-Hour Session</b>	<b>\$35</b>
<b>4-One Hour Sessions</b>	<b>\$120</b>
<b>8-One Hour Sessions</b>	<b>\$220</b>
<b>12-One Hour Sessions</b>	<b>\$300</b>
<b>15-One Hour Sessions</b>	<b>\$350</b>



# ***Buy One, Get One Free in December***

Starting December 10, 2018, purchase an Individual Yearly or Monthly Pass at either Sports\*Com or Patterson and get one FREE! Passes are good at both locations! Special ends at 5:00 p.m. on Saturday, January 12, 2019. When purchasing a Yearly or Monthly pass, the free pass must be a Yearly or Monthly pass of equal or lesser value.



## ***Why choose us? No Joining Fees!***

We won't charge you extra for the privilege of buying one of our passes...

## ***No Contracts!***

We won't commit you to a multiyear contract...you have your choice of passes: Yearly or Monthly.

## ***Facility Pass includes admission to:***

Gym • Track • Weight Room • Open Swim in the Indoor Pool • Water and Land Classes • Racquetball

***\*Admission to the outdoor pool "Boro Beach" at Sports\*Com requires a Boro Beach Pass which is not part of the Buy One, Get Free sale.***